

# Lunchbox: The Story of Your Food

Do you take a lunchbox to school with you? There are lots of different things you could have in a lunchbox, such as sandwiches, juice and fruit. Have you ever wondered where your food and drink come from?



## Practice questions

(a) **Find** and **copy two** things you could have in your lunchbox.

1. \_\_\_\_\_

2. \_\_\_\_\_

(b) Which words mean the same as *wondered*?

Tick **one**.

thought about

stared at

picked up

eaten from

# Bread

A farmer plants seeds in spring. By summer, they have grown into tall, waving wheat with fat, ripe grains at the tip of every stalk.

The farmer cuts the wheat with a giant machine called a combine harvester. Then the farmer sends the grains to a flour mill.

The miller grinds the grains of wheat into flour and then trucks take the flour to a bakery.



- 1 What do the seeds grow into?

\_\_\_\_\_

- 2 *The miller grinds the grains to make them into...*

Tick **one**.

seeds.

wheat.

flour.

dough.

- 3 What takes the flour to the bakery?

Tick **one**.

The...

farmer

miller

trucks

combine  
harvester

The baker mixes the flour with water, sugar and yeast, turns it into soft, squashy dough and bakes it in a very hot oven.



Out come fresh loaves of bread, ready to send to the shops.

4 Write **two** words that tell you what the dough feels like.

1. \_\_\_\_\_

2. \_\_\_\_\_

5 Where are the *fresh loaves of bread* sent to?

\_\_\_\_\_

## Apple juice

In spring, the apple trees in the orchard are full of flowers. In summer, tiny apple buds grow from each flower stalk. The buds keep growing and, by autumn, the trees are full of ripe, sweet fruit ready to be picked.



Machines cut down the apples, or groups of pickers reach into the trees and fill their boxes with fruit.



6 When are the apples ready to be picked?

Tick **one**.

spring

autumn

summer

winter

7 **Find and copy one** word that makes the apples sound tasty.

\_\_\_\_\_

At the juice factory, sorters throw out any bad or spoilt apples.

Then a machine washes the rest and mashes them in a milling machine (pips, skin and all). A huge press squeezes the mash until all its juice runs out.

A heater warms up the juice to kill off any germs and it is poured into cartons.



8 Where do the sorters work?

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9 **Find and copy one** word that means the same as 'rotten'.

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10 What does the apple press do?

Tick **one**.

cleans the apple juice

squeezes out the juice

gets rid of all the germs

washes the apples

11 Look at the section about **apple juice**.

Number the sentences below from 1 to 4 to show the order they happen.

The first one has been done for you.

The machines cut down the apples.

The apples are washed and cleaned.

The fruit grows from apple buds.

The juice is poured into cartons.